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Eggstravaganza Provides Food, Games, Fun for Military Families



photo by Helen Hocknell

The Annual Eggstravaganza hosted by Morale, Welfare and Recreation on Saturday, March 31 meant new furry friends for some military kids. Pictured here are Jacob, 2, and his dad, HM3 Gordon Wing, and Megan Daldos, 1, with her mother, Jennifer Darrell. For more coverage of the Eggstravaganza, visit the Naval Support Activity Bethesda Facebook page at: www.facebook.com/NSABethesda.

Bethesda Celebrates 119 Years of the U.S. Navy Chief

By Mass Communication Specialist 2nd Class John K. Hamilton
NSA Bethesda Public Affairs

Walter Reed National Military Medical Center (WRNMMC), Naval Support Activity Bethesda, and Navy Medicine Professional Development Center (NMPDC) recently joined together to celebrate the 119th U.S. Navy Chief's birthday with a cake-cutting ceremony.

"One Hundred-Nineteen years with the chiefs petty officers, what a storied history, what an integral part of the Navy and even more so an integral part of military medicine," said Capt. David A. Bitonti, WRNMMC director of health services. "Everyone always says the Navy runs on the chief petty officers' mess and I think that those of you who are

either part of the mess or those of you that have had the opportunity to interact with the mess really know how integral that statement is. They really move the Navy and they keep us going," he added.

The rank of chief petty officer holds a special place among military ranks. The Chief Petty Officer's Creed effectively tells the story of what it means to be a chief, and much of it can be summed up with these words from the creed: "only in the United States Navy does E-7 carry unique responsibilities no other armed forces throughout the world carries, nor which grants privileges to its enlisted personnel comparable to the privileges and responsibilities you are now bound to observe and are expected to fulfill."

"We're not just celebrating another year of chiefs serving the Navy;

we're celebrating everything it means to be the chief," said Master Chief Petty Officer of the Navy Rick West.

"Our anchors are the symbol of a culture and a way of life. Since 1893, Chiefs have been charged with the responsibility of ensuring our Sailors are the best in the world, ready to carry out our Navy's mission when our nation calls. We welcome that responsibility and lead by example with pride, character, and loyalty, a strong commitment to leadership, our core values, and the Navy ethos," added West.

According to William D. Glascoe, deputy commander for medical and surgical services, senior enlisted leader, WRNMMC, Chief Petty Officers have three main objectives: to

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Navy Announces Sexual Assault Awareness Month

By Naval Support Activity Bethesda Public Affairs

The Navy announced Sexual Assault Awareness Month (SAAM) and issued guidance to focus efforts on awareness and prevention of sexual violence through the use of special events and command-level education.

The Department of Defense's SAAM theme this year is, "Hurts One, Affects All. Prevention of Sexual Assault is Everyone's Duty."

"This theme speaks to the responsibility that we all have as members of the Naval Support Activity (NSA) Bethesda community to prevent sexual assault by speaking up if we see or hear something inappropriate and by creating a culture of intolerance for sexual violence," said Sexual Assault Response Coordinator Crystal Justice.

At NSA Bethesda, SARCs coordinate with the Naval Criminal Investigative Service, the Criminal Investigative Division, the Family and Advocacy Program, the Staff Judge Advocate, the Walter Reed National Military Medical Center (WRNMMC) Department of Social Work and the WRNMMC Department of Emergency Medicine.

"The Sexual Assault Prevention and Response team maintains regular communication with command leadership to address prevention efforts," said Justice. "Both Admiral Stocks and Captain Kass have provided excellent support to the program and will participate at our event, Visible Allies and The Words We Use, Bystander Intervention Workshop and SAPR Recognition Ceremony on April 18 in Clark Auditorium."

In addition to this overarching theme, the Navy will highlight complementary weekly themes throughout the month.

"Sexual assault prevention is one key aspect of the Navy's 21st Century Sailor and Marine initiative to

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Top 5 Reasons to Admire Military Kids

By Elaine Sanchez
American Forces Press Service

WASHINGTON — In honor of April's Month of the Military Child, I created a Top 5 list of the qualities I most appreciate about children from military families.

Their amazing service and sacrifice deserve a much longer list, but I figured this would at least be a start.

What I most appreciate about children from military families:

5. Their adaptability. I attended a high school graduation at Marine Corps Base Quantico, Va., last year. The class included nine students from Defense Department high schools in Japan who had left with their families in the wake of the devastating earthquake and tsunami in March 2011. Although they had entered a new school and a new senior class just a few months shy of graduation, they were all smiles that day as they talked to me in their caps and gowns. A transition that would have thrown the best of us for a loop didn't seem to phase these teens, who had already been through more changes in their 18 years than most people see in a lifetime. The students in that class had moved, on average, more than six times with one student tallying up a total of 18 moves in the same number of years.

4. Their compassion. A number of kids have military parents who return home wounded, some with visible wounds and others with less-evident injuries, such as post-traumatic stress disorder or traumatic brain injury. These kids immediately step up to help out at home — taking on additional chores, pitching in to babysit — during their parent's recovery. Taylor Dahl-Sims' Marine Corps stepfather returned home from his fifth deployment with a traumatic brain injury and she stepped in to help during his recovery. She already was helping her mother with her baby brother's medical care. Many wounded warriors have told me their children don't look at them any differently, even if their wounds are severe. They are simply

grateful their mom or dad made it back alive.

3. Their global knowledge. Many military kids have traveled across the nation and around the world. They have an innate appreciation for cultural diversity and knowledge of world events that most kids who never crossed state lines would be hard-pressed to match. This will serve them well in the future as modern technology and the rise of a global economy increase the likelihood they'll be exposed to a people of different cultures and backgrounds in their careers. "These children come to us with broadened perspectives and a broad range of experiences," said Marilee Fitzgerald, director of the Department of Defense Education Activity. "They're the closest to being a global citizen that this world will have."

2. Their strength. They've dealt with a decade of war and multiple deployments, with the associated worry and fear. But these challenges also have equipped them with a resilience that will prepare them for life's setbacks and hardships. The first lady summed it up well at an event in June. "A bad grade on a test, a bad day at work, that's not going to knock you off your game," she said, "because from a very young age, you all have been dealing with the big stuff, and that's given you perspective."

1. They serve too. Their military parent signed on the dotted line; their children did not. Yet, they must deal with deployments, frequent moves and school transitions, and they do so with courage and grace. As a nation, we owe them a debt of gratitude. This month, and year round, we should take time to let military children know how grateful we are for their service, said Barbara Thompson, director of military community and family policy, children and youth. "One of the things that's disconcerting is we know that 1 percent of our population is in uniform and is serving, and the other 99 percent of the country takes full benefit of that," she said. "We owe it to our children to honor them and to protect them."

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Bethesda Notebook

Holy Week Services Scheduled

The Department of Pastoral Care has scheduled Catholic Masses and Protestant Services for Holy Week in the Main Chapel, Building 8, and America Building (19). The schedule is as follows:

Catholic Mass:

- Holy Thursday, today at 4:30 p.m.
- Good Friday, tomorrow at 3 p.m.
- Easter Sunday Mass, Sunday at 9 a.m.

Protestant Services:

- Easter Sunrise Service, Sunday at 7 a.m. in the America Building lobby
- Easter Sunday Worship, Sunday at 10:30 a.m.

Holocaust Museum Trip

In honor of the Holocaust Days of Remembrance, the U.S. Holocaust Museum is providing members of the Walter Reed National Military Medical Center community an opportunity to tour the museum and meet a Holocaust survivor on Thursday, April 12 from 9 a.m. to 1 p.m. Transportation will be provided to and from the museum. For more information, e-mail Sgt. 1st Class Jason Zielske, of the Multicultural Committee, at Jason.zielske@med.navy.mil.

Social Security Administration Support

Social Security Administration (SSA) representatives are available to assist service members with their disability applications every Tuesday from 9:30 a.m. to 1:30 p.m. in Tranquility Hall, second floor in the Soldier and Family Assistance Center. For more information, call Lisa Ramdass at (301) 400-0208.

Upcoming Lean Six Sigma Courses

Lean Six Sigma courses are scheduled over the next several months at Walter Reed National Military Medical Center (WRNMMC). The Green Belt Course for Lean Six Sigma is scheduled for June 11-15; Aug. 6-8; and Oct. 29-Nov. 2. The five-day course is worth 40 Continuing Education Units (CEU)/Continuing Medical Education (CME). The course is open to all military and civilian WRNMMC employees. The 15-day Black Belt Course, 15 days, worth 120 CEU/CMEs, is scheduled for June 11-15. To be eligible for the Black Belt Course, participants must be current Green Belt practitioners with two completed projects. For more information, contact Lt. James Hester (WRNMMC Command Black Belt) at james.hestler@med.navy.mil or (301) 295-1883, or Lt. John Gardner (National Capital Area Regional Black Belt) at john.gardner2@med.navy.mil at (301) 295-2037.

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Physical Therapy Important Step in Recovery Process

By Mass Communication Specialist Seaman Dion Dawson
NSAB Public Affairs staff writer

At the Walter Reed National Military Medical Center (WRNMMC), physical therapy is a familiar stop on a wounded warrior's road to recovery. Qualified specialists at the physical therapy department help patients through the recovery process using a personalized treatment plan, and say they are inspired by their patients' determination to improve.

"Physical therapy is a type of treatment you may need when health problems make it hard to move around and do everyday tasks," said Army Col. Paul Stoneman, chief of physical therapy services department. "Our main role as a department is to improve and restore the function of the patient, while my job is to oversee the rehabilitation of all of our patients from day-to-day."

A variety of factors can affect a patient's recovery process, and physical therapy aims to address many as-

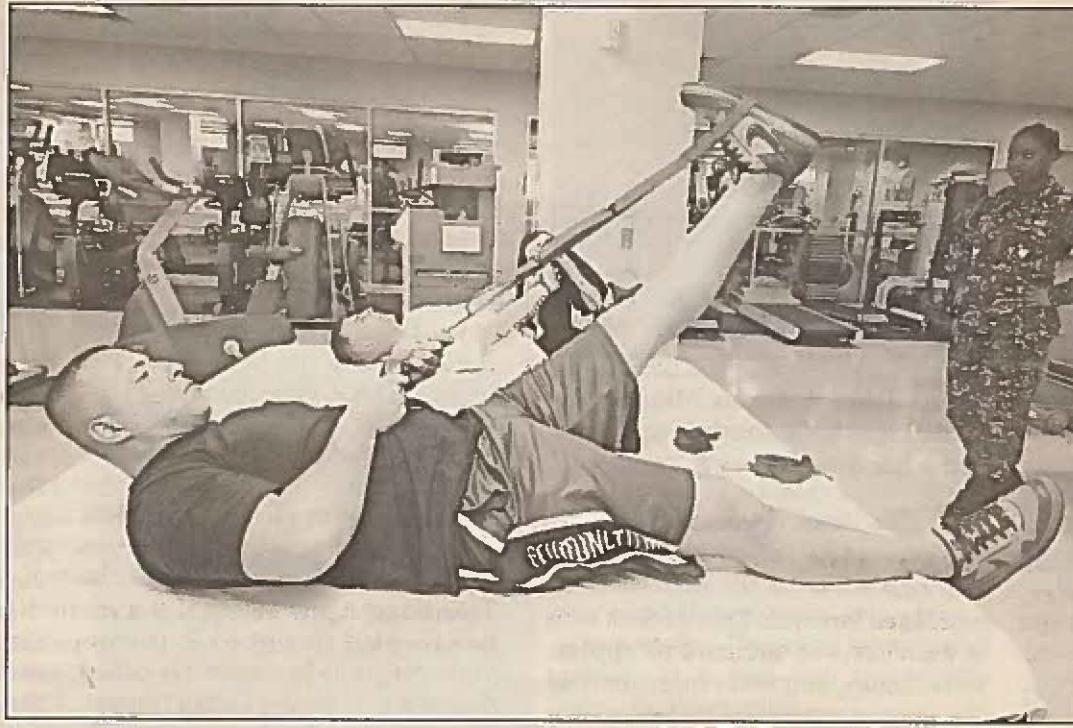


photo by Mass Communication Specialist Seaman Dion Dawson

Hospitalman Whitney Smith looks on as Army Sgt. Marco Aguilar and Staff Sgt. Thomas Hogan stretch their legs using rotation exercises during a recent physical therapy session. Their session consisted of warm-up stretches, personalized therapy and various cool down tactics.

pects of a patient's well-being, including physical, psychological, emotional and mental stability, explained Stoneman. The department offers patient evaluations to determine a personalized treatment plan.

"All physical therapy is not the same. We have a very experienced staff with

several specialists that address specific problems such as neurologic rehab, orthopedic rehab and amputee rehab. It's a very broad field. We're treating anyone from an infant to the elderly, with a wide variety of problems. We see everything, from broken ankles to torn knee ligaments and se-

vere neurological damage."

Stoneman said keeping patients engaged and motivated throughout the process is key to successful recovery.

"We have to look at the patient as a whole," said Stoneman. "It's important for a patient to be emotionally invested in the process and believe we can get them back to their old selves."

Most patients begin the physical therapy process after receiving a referral from their primary care physician, while a small percentage of the patients are self referrals. Stoneman said working with wounded warriors has been the most rewarding part of his job.

"These are our peers, co-workers, friends and family," he said. "With the injuries our Sailors, Marines, Soldiers and Airmen sustain in war, we want to help them as much as we can because they have sacrificed their lives for our way of life. The feeling I get when we help them goes beyond words."

Stoneman is not the only person who sees the importance and impact of physical therapy. For similar feelings, one doesn't have to look farther than Stoneman's staff.

"Physical therapy has changed how I approach my job," said Army Staff Sgt. Sara Sutton, non-commissioned officer in charge of

the physical therapy services department. "When you have that patient who suffered from an explosion in Afghanistan, can't walk and is emotionally down, it's hard to see. You work with them and help them as much as you can. Then the day comes when you are with them when they take their first step. You can't help but be proud of them."

Sutton's primary duties include completing the administrative action that is needed for all patients. While she doesn't get to see patients as often as the technicians, she understands physical therapy matters to more people than just the patients.

"It's not only important to the wounded service members, it's important to their families, the command and the community," she said. "We help patients get back to where they were, while interacting and working with other patients to increase their motivation to get better."

Other staff members echoed Sutton's sentiments about how moving it can be to observe a patient's progress in their recovery.

"I love seeing our patients' progression from day to day," said Hospitalman Whitney Smith, a physical therapy technician. "I see some of them post-surgery and they are not able to do any exercises and movements. After some time passes, I see them building their strength and endurance while pushing them every day."

Smith said witnessing the dedication and determination of patients working toward recovery has affected her personally.

"This job has humbled me," she said. "When you see wounded warriors that don't give up, it rubs off on you. They don't let their physical limitations define who they are. I look in their eyes and see determination and fight. Giving up is not an answer, and that is why I love my job."

To schedule an appointment, contact your primary care manager or call the physical therapy department at 301-295-4880.

Mateczun retires after 41 years of military service



photo by Sean Brennan

Navy Vice Adm. John Mateczun and his wife, Dr. Elizabeth Holmes are piped ashore during his retirement ceremony. Mateczun retired on March 29 after 41 years of service. He commanded Joint Task Force National Capital Region Medical (JTF CapMed) since it was established by then Deputy Secretary of Defense Gordon R. England in 2007. Army Major General Steve Jones has now assumed command.

Religious Traditions Bring Bible to Life for Observant Jews, Christians

By Rabbi Saul H. Koss

Passover

The Festival of Passover is one of the cornerstones of Judaism. It recalls how the Israelites were formed into the Jewish Nation upon their Redemption from Egypt. Exodus is found in the first five books of the Bible, though the Book of Exodus delineates most of the redemption.

Passover begins this year on Friday evening, and is celebrated for eight days. The first two nights are Seder nights. The last two days are also days of obligation. There are many family traditions, customs, laws and ethnic foods that are associated with the Seder and the holiday.

On Passover Eve, Jews all over the world have a home service with family and friends. It is called the Seder, which means the evening's order. The story is told in the Haggadah (the Seder service manual) with its Scriptural verses, homiletic passages, prayers, blessings, and songs related to the Exodus.

The Seder plate has six items on it that relate to the Passover story. The meal allows us to experience the story as it is being told. Although the Seder follows the prescribed text and instructions in the Haggadah, we are encouraged to ask questions and to add our own insights and thoughts. At the beginning of the meal we are slaves, at the conclusion we have become



A traditional Seder dinner includes symbolic foods like matzo and a hard-boiled egg.

free. The items on the plate are:

Bitter herbs (often horseradish) – to remind us of the bitterness of bondage.

Charoset – a mixture of apples, nuts, honey, and wine representing the mortar used to build Pharaoh's buildings.

Karpas – a vegetable, usually parsley, which is dipped into salt water (to symbolize tears) at the start of the meal.

Lamb bone – to represent the sacrificial lamb whose blood was used to mark the doors of Jewish homes so the angel of death would pass over them.

Hard-boiled egg – can symbolize rebirth and spring.

Matzo – the Jews left Egypt in such a hurry their bread didn't have time to rise. Observant Jews eat matzo rather than any leavened bread during the eight days of Passover.

By Chaplain Sergio Daza

Easter

During the week of Easter, Christians remember and celebrate the most important events in Christianity. Namely, it is the events that took place on what we call Good Friday and on Easter or Resurrection Sunday.

On Good Friday we remember the Passion of the Lord Jesus, His betrayal, trial, crucifixion and burial. Several hundred years before the birth of Jesus Christ, the prophet Isaiah in chapter 53 foretold many of the aspects concerning the suffering He would endure. Meeting with His disciples for the Last Supper, just before His crucifixion, Jesus instituted the observance of what is commonly called Communion or the Lord's Supper. The elements in Communion are the bread and the cup that remind us of the sacrifice that Jesus made. The bread we eat represents His body that was broken on our behalf, and the cup that we drink from signifies His blood that was shed for the forgiveness of our sins.

On Easter Sunday, the Gospels in the New Testament tell us of the most glorious event in Christiani-

ty, The Resurrection of Jesus Christ from the dead! All four Gospels give an account of the resurrection. Luke 24:5-6 describes one event in which an angel spoke to the women who came to the tomb to complete the burial ritual, saying, "Why do you seek the living among the dead? He is not here, but is risen!" Easter Sunday is the climax of the Gospel story that Jesus is alive! The apostle Paul succinctly defines the Gospel of Jesus Christ: "...that Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures." (1st Corinthians 15:3-4, New King James Version)

During Easter, Christians throughout the world affirm the reality of the Gospel, not only that Jesus died on the cross and was buried but also that He rose from the dead on the third day just as He said. Easter reminds us to live our lives with the assurance that we serve the living Savior, the Lord Jesus Christ, and can proclaim with the hymn writer who exclaimed, "He lives within my heart." Have a solemn Good Friday and a joyful Resurrection Easter Sunday.

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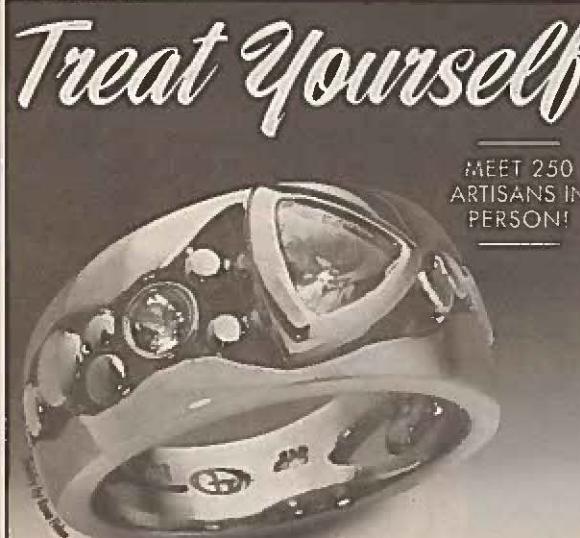


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Social Workers Help WRNMMC Patients Make Smooth Transitions, Overcome Obstacles

By Cat DeBinder
Journal staff writer

With the theme "Social Work Matters," Walter Reed National Military Medical Center (WRNMMC) joined the rest of the nation last month to celebrate National Professional Social Work Month.

Social workers are professional clinicians who help people better manage their daily lives when adapting to difficult life challenges, such as transitions, illnesses, disabilities, or the death of a loved one. When patients and their loved ones suffer the devastating impact of a severe physical or emotional illness or injury, social workers assist them in overcoming these obstacles, said Dr. Dean Rueckert, a licensed certified social worker-clinical.

"Social workers have a unique way of viewing the person or individual as a member of families, communities and of society as a whole, and they may look to the larger system for resources in problem solving," explained Rueckert. "Social work matters because social workers fill a vital gap that may exist between the medical management of physical or emotional illness or injury and the social impact [that] has on the patient and his or her family members."

Rueckert, program director for

the National Capital Consortium Social Work Fellowship in Child and Family Practice, also works in the Children's Behavioral Health Clinic at WRNMMC and is the director of the Office of Professional Education, Training and Research for the Department of Social Work at WRNMMC.

"Our goal is help maximize potential and fulfillment in each individual's life, regardless of the illness or injury, and that is why 'Social Work Matters,'" Rueckert said.

"Our goal is to help maximize potential and fulfillment in each individual's life, regardless of the illness or injury. That is why 'Social Work Matters.'"

Dr. Dean Rueckert

"I find my work to be incredibly gratifying on a daily basis," said Susan Harper, a social worker specializing in mental health and counseling in the Behavior Health Department at WRNMMC.

Harper started her career in a different field.

"I was practicing law," she explained. "When co-workers were stressed out and often crying, I was able to talk to them, calm them down and help them through it. That's when I realized I wanted to do it for a living and went back to school to earn a degree in social work."

Harper said she loves her job because she likes figuring out "what makes people tick."

Sherry Whitaker, a licensed clinical social worker on the Internal Medicine Wards at WRNMMC, said her interest in people led her to become a social worker.

"A guidance counselor gave me an interest exam and two careers stood out — disc jockey and social worker," Whitaker explained. She made up her mind then she was going to be a social worker. "I wanted to work with people in a real and meaningful way," Whitaker said.

Tony Weidner, a former inpatient at WRNMMC, can't say enough positive things about Whitaker, who helped with his discharge from WRNMMC to a rehabilitation facility.

"She was great," said Weidner. He said Whitaker coordinated with social workers at the rehabilitation facility to formulate a personalized plan for

his care and therapies.

"The last thing you want to do is worry about all the little details," said Weidner. "She took a big weight off of my shoulders and made it a smooth process."

The National Association of Social Workers (NASW) first introduced National Professional Social Work Month in March 1963 to encourage public support and interest in social work as a profession. In 1984, the White House officially recognized March as National Professional Social Work Month.

There are more than 642,000 professional social workers in America, according to the NASW. Additionally, social workers are employed in more than 50 different fields of practice, but their work in eight core service areas is the most recognized. These areas include military and veterans assistance; adolescent and youth development; aging and family care-giving; child protection and family services; health care navigation; mental and behavioral health treatment; non-profit management and community development; and poverty reduction.

For more information about Social Work at WRNMMC, call (301) 295-1719, or to learn more about social work in general, visit the website <http://www.socialworkers.org/pressroom/swmonth/>.

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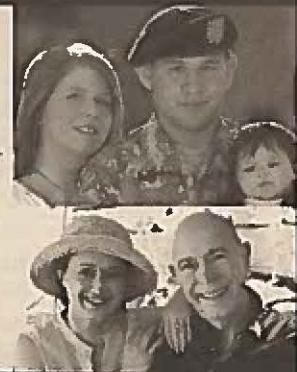
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How Is Your Brain's Health?

Seminar Focuses on Keeping the Brain Healthy

By Bernard S. Little
Journal staff writer

How is your brain's health?

Nearly 1.7 million people suffer traumatic brain injury (TBI) each year, according to the Centers for Disease Control and Prevention (CDC). Of those, approximately 52,000 people die.

In observance of Brain Injury Awareness Month, the Defense and Veterans Brain Injury Center (DVBIC) at Walter Reed National Military Medical Center (WRNMMC) hosted a Brain Health Seminar on Wednesday, March 28.

"Traumatic brain injury is becoming a common wound of modern warfare. It has been coined the 'signature wound' of the War on Terror," said Talia Thomson of the DVBIC. "Of the military population in 2010, just over 30,000 service members were diagnosed with TBI."

She defined TBI as "forced trauma (bump, blow or jolt) to the head, either by being shaken or hit which temporarily disrupts the normal function of the brain. The most common cause of a TBI in the military is due to blasts. Other causes of TBI include falls, car accidents and sports."

During last week's seminar, speakers from throughout the Walter Reed Bethesda community discussed measures for brain health, including a healthy diet.

Katie Kirkpatrick, a registered dietitian with the Integrated Health Services/General Internal Medicine Department at WRNMMC, said the brain uses a lot of nutrients including vitamins, minerals, proteins, carbohydrates and fats, and about 20 to 30 percent of a person's calorie intake is used by the brain.

Healthy intakes of folic acid and B vitamins are good for the brain, Kirkpatrick explained. She said B vitamins can lower homocysteine, an amino acid which in elevated levels can increase the risk for dementia, cognitive impairment and brain atro-

phy. Food sources for folic acid include whole grains, beans, cereals, fruits and vegetables. Good sources for B vitamins include fish, poultry, eggs, dark leafy greens, cereals and beans as well.

The dietitian also encouraged people to eat fruit, vegetables, nuts, herbs and spices, which are good sources of vitamins and antioxidants that help prevent damage to the brain caused by "free radicals" or waste products produced by the body.

Omega-3s, which control clotting and builds cell membranes, are also good for the brain, Kirkpatrick stated. Good sources for Omega-3s include fatty fish such as tuna, salmon, trout and herring, walnuts and

stress levels, where at one end of the spectrum "healthy tension can lead to optimum levels of performance," but as stress increases, it leads to exhaustion, panic and burnout, eventually causing long-term problems with attention and cognitive function if not properly managed.

Laabs explained some techniques for optimal brain health in handling stress, including exercise such as yoga; diaphragmatic breathing; progressive muscle relaxation; guided imagery; meditation; hobbies; and biofeedback.

Along with being aware of the impact of stress and brain health, sleep is essential for optimal cognitive function, explained Dr. Rachel Colbert, of the Sleep

and evening use of medications with stimulating side effects.

The brain also needs stimulation to remain healthy, and Dr. Mike Pramuka, rehab psychologist in TBI service at WRNMMC, explained how mental exercises can provide this stimulation.

Mental exercise requires effort in order to be beneficial to brain health, Pramuka said. He described examples of mental exercises as learning a new activity; teaching someone else a new activity; making an argument for something you disagree with; making a drawing of your idea instead of talking about it; playing a new game; summarizing the plot of a movie to someone; reading and summarizing what you read to someone; breaking routines; volunteering in a new environment; intentionally getting lost while traveling; using your non-dominant hand for some manual tasks; writing in full sentences (especially when texting or e-mailing); and meditating.

"[The mental exercise] needs to be something that's fun or enjoyable to you, or else you're going to try it once or twice and give up on it," Pramuka said. He added that the bottom line is to "perform and engage with other people; do things that are novel and different for you, and build up your working memory."

"Is there a link between exercise and brain fitness?" was the question Lt. Col. (Dr.) S. Avery Davis discussed during his presentation. The chief of physical medicine and rehabilitation at WRNMMC said having an "engaging, enriched" environment can help improve cognition. He concluded by stating studies, such as those conducted by researchers at the National Institute on Aging (NIA), University of Illinois and University of Texas Medical Branch, of people 60 and older have shown the ones more active tend to have faster



Mass Communication Specialist 2nd Class John Hamilton

A participant of the brain health seminar enjoys brain games targeted at increasing memory skills. The brain health seminar focused on nutrition, stress, sleep, mental exercise and physical exercise management to promote healthier brain function.

flaxseed. She encouraged people not to skip meals; eat every three to four hours; choose balanced meals; limit refined carbohydrates and foods high in sugar; and limit sugar-sweetened beverages, such as sodas, which can be fattening.

Following Kirkpatrick, Dr. Megan Laabs, a neuropsychologist with TBI Service, discussed stress and brain health. She defined stress as "a physiological reaction caused by an awareness of threatening or aversive situations," and said all stress is not harmful. She used the example of a Bell curve to explain

Disorders Center at WRNMMC. She said sleep is also important for restorative reasons, and not all people need eight hours of sleep each night, but everyone should get sufficient amounts of sleep so their judgments and health are not impaired.

Colbert noted things people should avoid that could impact their sleep include: naps, especially those longer than 30 minutes after 3 p.m.; caffeine four to six hours before bedtime; nicotine (especially around bedtime); vigorous exercise within two hours of bedtime; alcohol after dinner; sleeping pills;

Navy Employees: Your Personnel Records are About to 'Go Digital'

The Department of the Navy will begin the process of converting paper-based personnel records, which contain records that cover an employee's work history, to electronic files. This is a part of the DON's effort to implement eOPFs across the enterprise and will not only maximize available technology, but enable immediate access for employees, hiring managers and human resource professionals to critical personnel documents online through a secure Internet connection.

In order for employees to receive automatic email notifications regarding their eOPF, they must ensure they have entered their correct email address into their DCPDS records via MyBiz prior to May 1. This must be done on a secure DON network (NMCI).

How to Access MyBiz:

For Existing Users:

1. Go to <https://compo.dcpds.cpmr.osd.mil/>
2. Select "OK" on the DoD Notice and Consent Banner
3. Select non-email certificate then "OK"
4. Select "Login" then "Yes"
- A new window will open
5. Select "Navy Region" - A new window will open
6. Select "MyBiz" then "Update My Information"
7. Select "Accept" and the browser will redirect to the Profile tab of the MyBiz account
8. Enter or edit "Work Email Address" section and select "Update"

For New MyBiz Users:

1. Go to <https://compo.dcpds.cpmr.osd.mil/>
2. Select "OK" on the DoD Notice and Consent Banner
3. Select non-email certificate then "OK"
4. Select "Register" under Smart Card Access
5. Select "Yes" to be redirected to the registration
6. Enter social security number and select "Register"
7. Continue with steps 3-7 for returning MyBiz users

COOL Opportunities Available for Sailors

By Bernard S. Little
Journal staff writer

A "cool" program is available to help Sailors become more marketable and competitive as they transition to civilian life.

The Navy Credentialing Opportunity On-Line (Navy COOL) program allows Sailors to apply their job skills and training toward certain civilian licenses and certifications.

A centralized, web-based hub, Navy COOL consolidates information on certifications, licenses, apprenticeships and opportunities corresponding to every Navy rating, job and occupation, explained Michael Talley, a Navy COOL credentialing program analyst. Navy COOL also provides funding to the enlisted Sailor ranks to obtain federally-recognized licenses and certifications applicable to Navy occupations and training.

During a recent briefing, Talley and program manager Keith Boring explained the Navy COOL program to Sailors at Naval Support Activity Bethesda (NSAB).

"Certification shows competency and [one's] ability to do the job," explained Talley. "Someone may have a degree, but the person still may need the credentials in the form of licensure or certification to be considered

competent to do a job."

Talley said licensure is governed by states and/or the federal government, while credentials and certifications are industry-recognized standards.

"You're all in competition with your peers," Talley told Sailors during the briefing at NSAB. "It's a matter of where you want to be in that competition. You want to be on top. You want to stand out."

Navy COOL can help Sailors "stand out" because it provides them with the opportunity to prove they have "the knowledge, skills and abilities to step out from under the umbrella and do the job," Talley added.

A retired corpsman, Talley said he wished Navy COOL was available to him when he transitioned to civilian life because the program, which began in 2006, helps pay for credentialing for active-duty enlisted Sailors and reserve members. Officers and civilians may access Navy COOL; however, they have to pay for credentialing.

Talley continued, "We pay for credentialing exams based on your job and the training you received to do your job. We're not authorized to pay for training because theoretically, you've already been trained."

Sailors must be able to

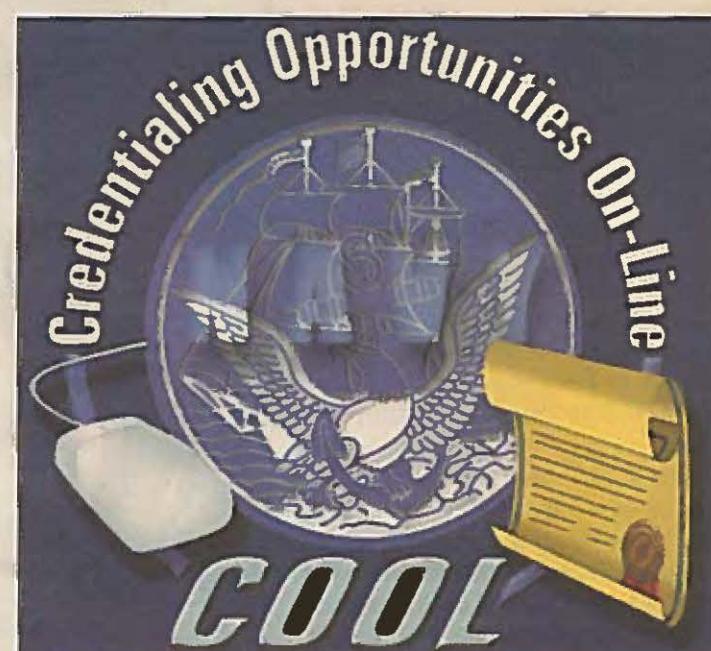
complete all certification requirements using Navy COOL no less than 60 calendar days prior to their separation from the Navy. Sailors must also satisfy credentialing agency eligibility requirements for the certification/licensure they're seeking prior to requesting exam funding, Boring explained.

Sailors must fill out and submit the vouchers they receive from Navy COOL to pay to take exams for credentialing. They will receive a verification number that must be submitted to the credentialing source, then schedule to take the exam and pass it for credentialing.

If a Sailor decides to withdraw the request for exam funding or is unable to complete the Navy-funded credentialing exam 60 calendar days prior to separating from the Navy, they are required to return any voucher not used. Sailors must also provide pass and fail results to Navy COOL within 30 calendar days of notification of exam results from the credentialing agency, according to Talley and Boring.

"We want you to stay certified; we want you to stay current in your field," Talley added.

Boring said on average, Sailors are passing voluntary licenses and certifications exams at a pass rate of



96 to 98 percent, compared to the national average pass rate of 75 to 80 percent.

To date, Navy COOL has processed nearly 70,000 credentials for Sailors and received approximately 120 million hits to the Navy COOL website at <https://www.cool.navy.mil>, according to Navy COOL officials headquartered at Pensacola, Fla.

HMC David Tayamen, of the Navy Medicine Professional Development Center's (NMPDC) Skills Management Office at Walter Reed National Military Medical Center (WRNMMC), helps coordinate the Navy COOL program at NSAB. He encourages Sailors to use the program

because there is a "plethora" of exams Sailors can take for licenses and certifications paid for by the Navy. "It's a tool that needs to be utilized that many Sailors are not," he added.

Hospital Corpsman 3rd Class Jessica Zunk, who also works in NMPDC at WRNMMC, said Navy COOL is not only "a great opportunity" for Sailors to be able to get credentialing online, but also for their performance evaluations. "It's a great tool for your future," she added.

For more information about Navy COOL, call HMC David Tayamen at (301) 295-0776, or visit the Navy COOL website at <https://www.cool.navy.mil>.

CHIEF

Continued from 1

train and guide junior officers to develop them into leaders, to train and develop their subordinates into future leaders, and here lies all chief petty officers experience and wisdom as well as technical expertise when trying to solve problems and trying to achieve the commands mission.

"United States Navy Chief Petty Officers are unique in the military services," said Capt. L.L. Cornforth, Commanding Officer NMPDC. "They are set apart from their juniors to lead by example, train, and guide Sailors to be their best and thereby ensure mission success."



Photo by Mass Communication Specialist 2nd Class John K. Hamilton
U.S. Navy Chief Petty Officers from Walter Reed National Military Medical Center, Naval Support Activity Bethesda and Navy Medicine Professional Development Center stand at attention for a reading of the Chief's Creed during a ceremony celebrating the 119th chief birthday, at Walter Reed National Military Medical Center Bethesda.

BRAIN

Continued from 6

psychomotor speed on reaction time tests compared to sedentary older adults.

In addition, Davis said studies, such as those conducted by researchers at the University of Illinois and Vrije Universiteit in Amsterdam, suggest there's a positive relation between physical activity and cognitive performance; aerobic fitness has a positive relation to academic achievement; reading comprehension and mathematical calculations/numerical processing are linked to prefrontal cortex and parietal/posterior cingulated cortex, which are stimulat-

ed by exercise; and cardiovascular fitness has been linked to the same fronto-parietal network.

Davis said research has also shown that increased aerobic fitness can increase the number of new cells and cell survival formed in the hippocampus, which is crucial for learning and memory.

Although there is room for more research, Davis concluded current studies strongly suggest, "You definitely do get improved cognitive function and performance if you are physically fit."

For more information about TBI and brain health, call Kate Sullivan of the DVBIC at (301) 295-8531 or Talia Thomson of the DVBIC at (240) 620-8334.

AWARENESS

Continued from 1

increase the personal readiness of each and every Sailor within our Navy," said Vice Adm. Scott R. Van Buskirk, chief of naval personnel and director of the Navy's SAAM 2012 initiative. "The weekly themes will underscore varying aspects of sexual assault and the Navy's efforts to raise awareness in order to eliminate this crime."

The four weekly themes are: "Hurts One," "Affects All," "Prevention is Everyone's Duty," and "We Will Not Tolerate Sexual Assault."

"Our goal is to foster a command climate in which reporting assault is embraced and encouraged while providing support to victims," said Van Buskirk. "We are also demanding a strict zero tolerance policy for sexual assault and accountability of all offenders."

Commands will host mandatory education sessions to raise sexual assault awareness among Sailors. Commanding officers can either hold a single two-hour stand down or break the discussions into four

SAVE THE DATE

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0900-1200

Presented by PFC
Sexual Assault Prevention and Response Program (SAPR)
For more information, contact PFC at 301-572-4000 or email: sapr@nav.mil

30-minute weekly sessions, according to the NAVADMIN.

Scripts and videos for each week's theme will be provided to commanding officers to help facilitate discussion throughout their commands. These engagement products, in addition to talking points, posters and other tools, will

be posted to the Navy Personnel Command's Sexual Assault and Prevention website, <http://www.sapr.navy.mil>, according to the NAVADMIN.

Navy installations and commands around the world will be organizing activities to raise awareness of sexual assault throughout

the month. All units are encouraged to participate and promote SAAM events in addition to the two-hour stand down in April, said Van Buskirk.

"Collectively, we can make a difference in preventing sexual assault by engaging all of our people in a meaningful manner to raise awareness to change behavior," said Van Buskirk.

Sexual Assault Prevention and Response is an important element of the readiness area of the 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department. The Department of the Navy (DoN) is working to aggressively to prevent sexual assaults, to support sexual assault victims, and to hold offenders accountable.

For more information about sexual assault prevention, call the NSA Bethesda Fleet & Family Support Center by calling 301-319-4087.



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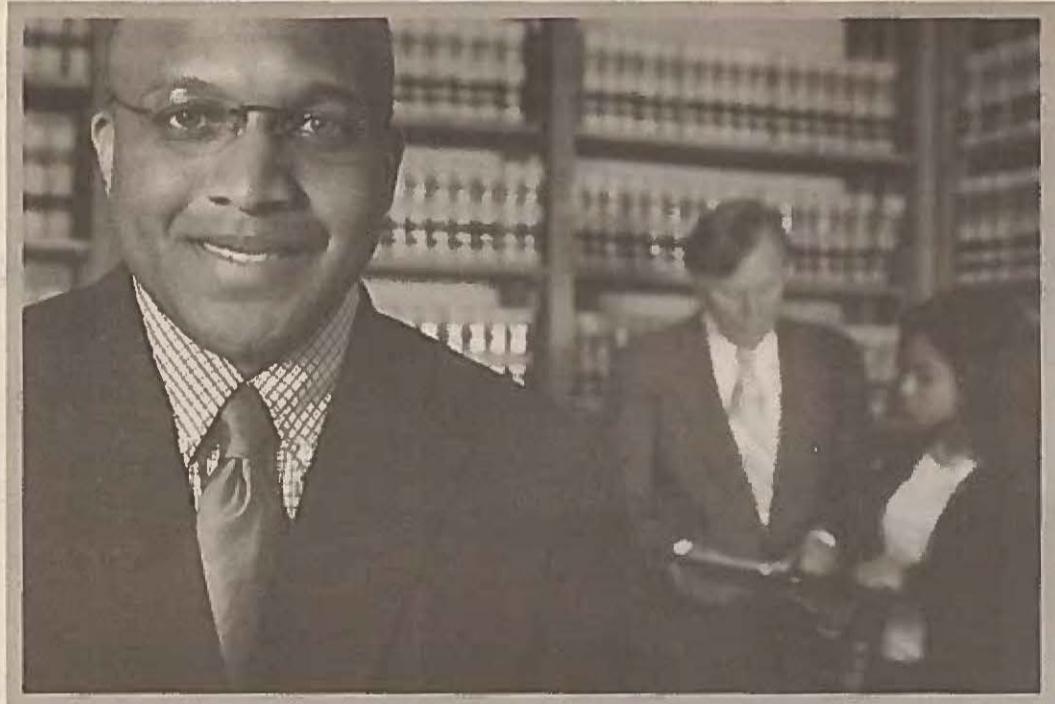
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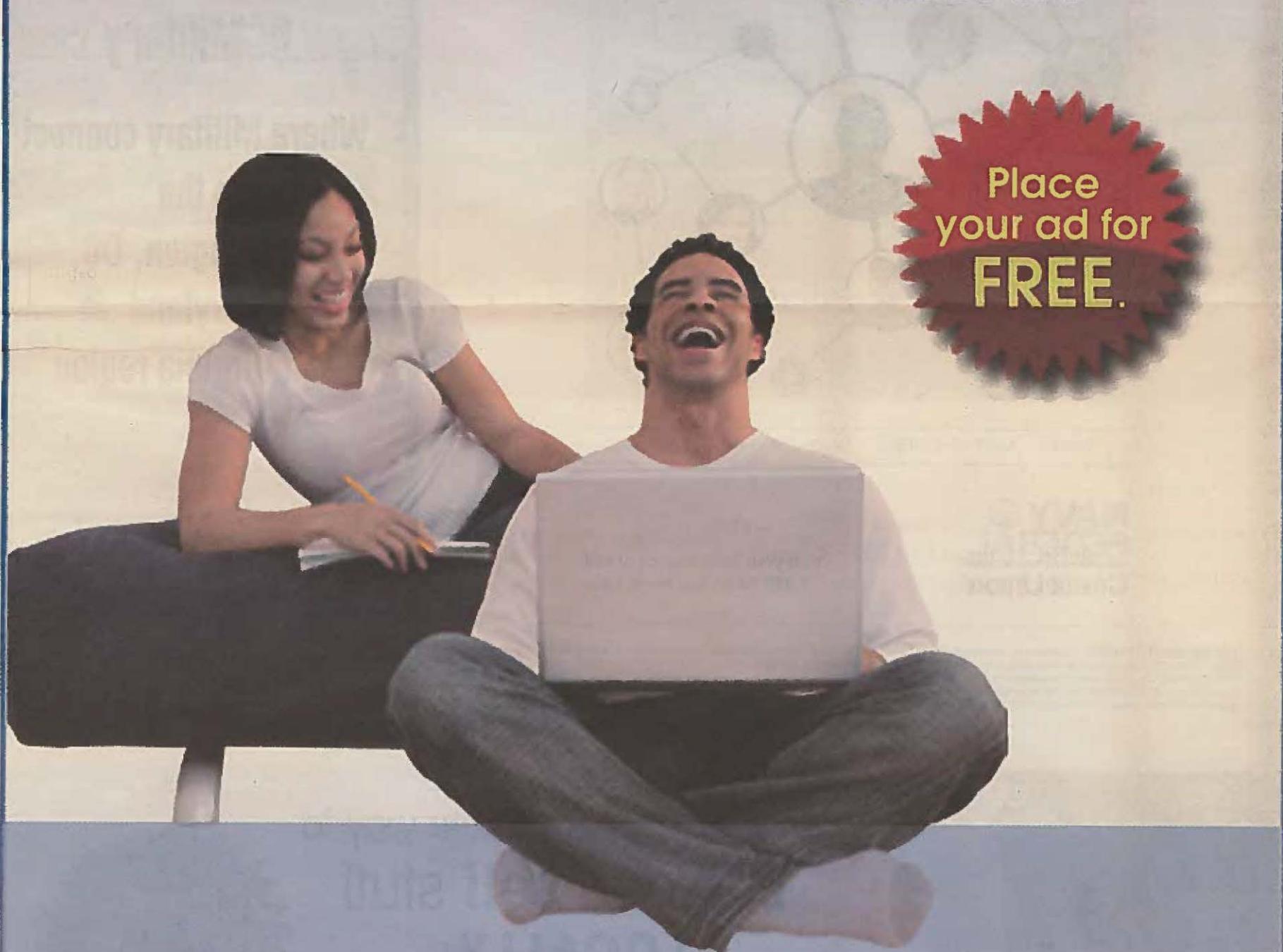
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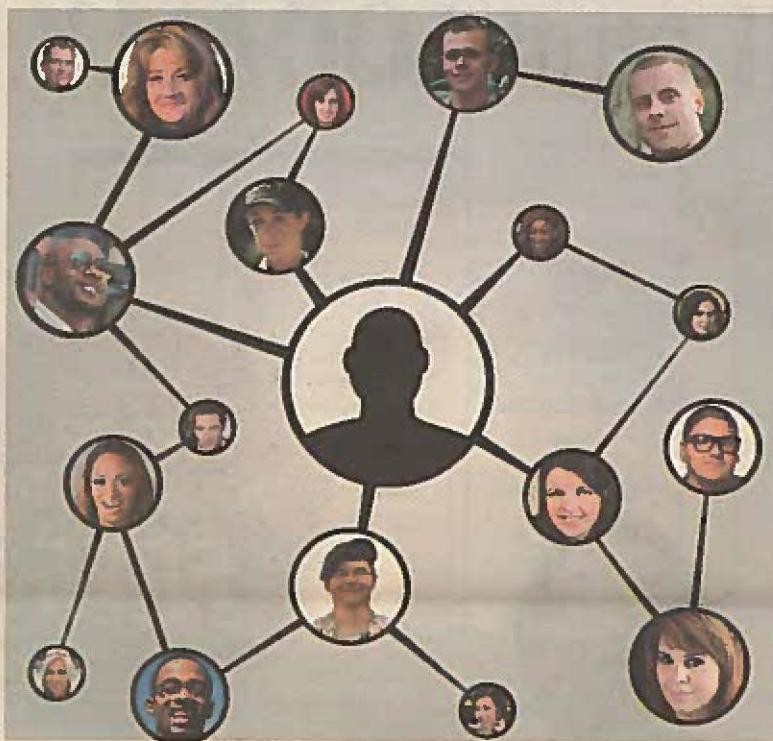


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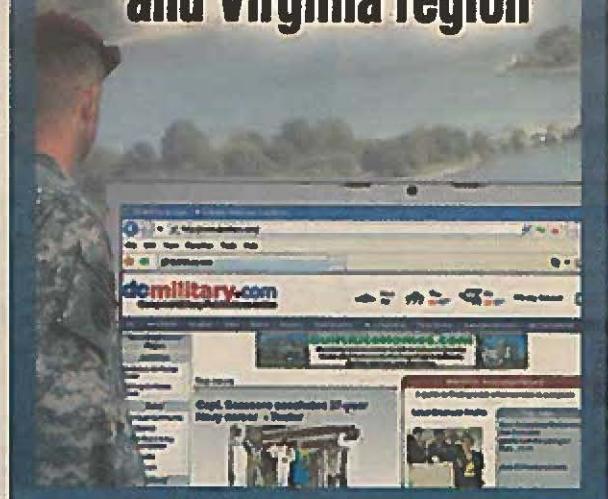
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